



Frequency of primary headaches associated with pain related to disability in the cervical spine

Ryan Pinheiro Castro¹, Daniele Da Silva Da Paz¹, Camila Vitória de Moraes Costa¹,
Matheus Rafael Feques Ferreira Nogueira¹, Geovanna Cristina Pereira Alves¹, Thayllane Costa Cardoso¹,
Rodrigo Sousa Andrade¹, Guilherme Gonçalves Silva Pinto², Louise Aline Romao Gondim³, Bruna Katarine Beserra Paz⁴,
Maria Claudia Gonçalves⁵

¹Physiotherapy Undergraduate course, Ceuma University, São Luís, Maranhão, Brazil

²Graduated in medicine, UNICEPLAC and Postgraduate in Intensive Care UNINTER, Curitiba, Paraná, Brazil

³Physiotherapy student of the Postgraduate Master's Program in Environment, Ceuma University, São Luís, Maranhão, Brazil

⁴Student of the undergraduate medicine course and coordinator of the school clinic Ana Lúcia Chaves Fecury, Ceuma University São Luis, Maranhão, Brazil

⁵Professor of the Postgraduate Environmental Program and the Undergraduate course in Physiotherapy

Introduction

The literature indicates that individuals with headache have reduced range of motion (ROM) and neck pain, but it is not yet well established whether these conditions reflect on functionality of the cervical spine in young adults.

Objective

To evaluate the frequency of disability-related pain in the cervical spine in individuals with and without headache.

Materials and Methods

Cross-sectional study, young adult individuals with and without primary headaches of both sexes, aged between 18 and 30 years old, were included; those who had secondary headaches and cognitive impairment that made it impossible to complete the questionnaire were excluded. The Visual Numerical Scale (VNS) was used to indicate the intensity of neck pain; the Headache Screening Questionnaire (HSQ) for headache screening and the Neck Disability Index (NDI) to indicate disability related to the cervical spine. The difference between groups was compared using analysis of variance (ANOVA). The level of statistical significance was $p \leq 0.05$.

Results

89 individuals were evaluated, divided into a headache group (GCC) $n=45$, with a mean neck pain, age, weight and height of 3.58 ± 3.00 , 22.49 years, 64.27kg and 1.62m² respectively, and control group (CG) $n=44$ with an average age, weight and height of 22.7 years, 68.41kg and 1.66m² respectively. There was no significant difference in the levels of disability related to cervical spine pain between the groups.

Conclusion

We observed that individuals with tension-type or migraine headaches have mild disability in the cervical spine, and these do not present a significant difference when compared to individuals without headache.

Research Ethics Committee of CEUMA University process no. 2.627.609